



Calm Club

Gentle movement for gentle minds!



CALM CLUB

Yoga
Mindfulness
Mediation
Breathing techniques
and much more!

* **Mondays: 3.30pm-4.30pm**

For all year groups

Calm Club plans to run every Monday from 17th April —17th July (with the exception of the following dates when school is closed: 1st May, 8th May, 29th May and 5th June)

The cost of the club will be £50.

Please contact the School Office to book.